

In the Claims:

1. (Currently amended) A microwaveable and ovenable pack suitable for housing at least one of liquid content and solid-liquid contents, said pack comprising a wall with a layer of board, an inner layer sufficiently impermeable to create a seal between said layer of board and said pack's contents and a breathable outer protective layer covering said board, characterised in that the outer layer is a varnish which incorporates perforations through the varnish layer to the board.
- 2-7 [Cancelled]
8. (Currently amended) A microwaveable and ovenable sheet comprising a layer of board, an impermeable layer covering one side and a protective layer on the other side covering the board [and said protective layer incorporates at least one of: a breathable region and breathable regions] characterised in that said protective layer is a varnish which incorporates perforations through the varnish layer to the board.
9. (New) A pack according to claim 1, wherein the perforations are strips.
10. (New) A pack according to claim 1, wherein the impermeable layer is of polyethylene terephthalate.
11. (New) A pack according to claim 1, wherein the board is of cardboard.
12. (New) A pack according to claim 1, wherein the perforations extend through the entire outer layer and partially through the board.
13. (New) A pack according to claim 1, wherein the board comprises outer sections which incorporate varnish and outer sections which are blank of any varnish.

14. (New) A pack according to claim 1, wherein the outer layer is a varnish and a further layer is provided between the varnish layer and the board which is of ink and which is breathable and wherein the breathable region is substantially limited to the ink layer area.